

STAR SYSTEM #103

((MUSIC...UP AND UNDER))

Now for another exercise in remembering better how much more you are.

To prepare for this, turn to your Security Repository Box, raise the heavy lid. Place in the box any worries , anxieties or concerns that you may have in your mind, anything that may get in the way of your relaxation. When you have them all in the box, close the heavy lid tightly, and turn away from the box, turn away from it, put it behind you. I will wait while you do this.

(PAUSE)

Now, I will help you reinforce the relaxation process to Focus 10, where your mind remains awake, but your physical is comfortably asleep. Let yourself follow, just remember the higher the number, the more deeply you become relaxed. If you fall asleep along the way, that's fine. I'm going to start the count now.

1, 2 3 4 5 6 7 8 9 10

Relax and feel calm and comfortable. in Focus 10. Mind awake, physical body asleep.

(fill with 10 signals)

In your deep relaxation, you can now unload thoughts, emotions and feelings that get in the way of your clear remembering. Turn to your security repository box, turn to your security repository box. Raise the heavy lid just a little, just enough to remove one item you have placed in it. Just one. Do this now. Take out just one.

(PAUSE)

Now let go of it...let go and push it...let it float up and away, so that it will never disturb your mind again. Let go, now.

((BUBBLE SOUND UP AND AWAY, AND OUT))

Now open your security repository box again, just a little, and pull out another, larger anxiety or concern you have placed in it. Reach in, pull it out, and push it up and away and let go of it. Do this now, so that it will never disturb your mind again.

((BUBBLE SOUND UP AND AWAY, AND OUT))

Now open your security repository box again, just a little, and pull out another, still larger anxiety or concern you have placed in it. Reach in, pull it out, and push it up and away and let go of it. Do this now, so that it will never disturb your mind again.

((BUBBLE SOUND UP AND AWAY, AND OUT))

Now open your security repository box again, just a little, and pull out another, much larger anxiety or concern you have placed in it, the largest one you can find. Reach in, pull it out, and push it up and away and let go of it. Do this now, so that it will never disturb your mind again.

((BUBBLE SOUND UP AND AWAY, AND OUT))

(FOCUS 10 SIGNALS....SLOW CROSS FADE TO DELTA UNDER FOLLOWING)

Now I will count to higher numbers...and with each higher number.. you can relax more and more...and let your mind relax,too...let your mind drift off easily into normal, natural, deep and comfortable sleep. You can move into deep sleep whenever you desire. I'm going to start counting now.

11...relax

12...let go
13...sleep
14....relax...let go... sleep
15...relax...let go...sleep
16...relax...let go...sleep
17...let go...sleep
18...let go...sleep
19....sleep....sleep....sleep
20....sleep....sleep....sleep
((fill with delta and low theta...))
(MUSIC FILL....10 minutes))

As you sleep this normal sleep, your entire self will move to become completely balanced and equalized and full of fresh new energy.

Your physical body will adjust and restore where needed, any part into a normal, natural, strong and smoothly operating condition.

Your nerve system will operate clearly and evenly, so as to convey signals quickly and accurately to and from your brain centers.

Your emotional self will change and convert any energies so generated into helpful, constructive and productive response throughout your physical body.

Your mental self will perceive and understand all signals from your total self, and put them into careful operation and expression in all parts of you, so as to bring into physical

and other reality your true purpose and goals.

As you use the patterns during your physical sleep, perfectly normal and perfectly balanced - perfectly normal and perfectly balanced and perfectly equalized will be your condition when you return to the physical waking state.

((FILL... 5 MINUTES))

You are deeply asleep but you still hear my voice(R-2)

You will return to normal waking consciousness as I count from twenty down to one. When I reach the count of one, you will be completely wide awake both physically and mentally. You will be completely refreshed and full of vital energy, feeling better in every way. Your five physical senses will be operating cleanly, clearly, sharply and beautifully, all when I reach the count of one. (PAUSE)

I'm going to count down now.

20, 19 18 17 16, 15 14 13 12 11 , TEN... NINE... EIGHT... SEVEN... SIX... FIVE...

when I reach the count of one, all of your five physical senses will be operating cleanly, clearly, sharply and beautifully. You will be completely wide awake both physically and mentally. You will feel completely refreshed and full of vital, new energy, and you'll feel better in every way, all when I reach the count of one. FIVE... FOUR... THREE... TWO... ONE... ONE...

ONE.Wake up, open your eyes, stretch your arms and legs and breathe deeply. You're wide awake and full of new energy.

MUSIC...UP AND FILL